

Review of: "A Systematic Review and Meta-Analysis of Psychotherapeutic Approaches for Recurring Nightmares"

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Potential competing interests: No potential competing interests to declare.

A Systematic Review & Meta-Analysis of Psychotherapeutic Approaches for Recurring Nightmares

1. Introduction section

Please, include references:

"Some of the most commonly used psychotherapeutic approaches include Cognitive Behavioral Therapy (CBT), Imagery Rehearsal Therapy (IRT), and Eye Movement Desensitization and Reprocessing (EMDR)."

"For instance, a recent meta-analysis by van Schagen et al. (2020) found that CBT and IRT were equally effective in reducing nightmare frequency, but that IRT was more effective in reducing nightmare distress".

The reference below is a randomized controlled trial, not a meta-analysis. I'm not even sure the reference is correct.

van Schagen, A. M., Lancee, J., van den Bout, J., Spoormaker, V. I., & van der Werf, Y. D. (2020). Comparing the effects of Imagery Rehearsal Therapy and Cognitive Behavioral Therapy on nightmare frequency, sleep quality, and psychological distress in patients with nightmare disorder: A randomized controlled trial. *Psychotherapy and Psychosomatics*, 89(3), 186–188. https://doi.org/10.1207/S15402010BSM0103_2

For instance, the DOI above corresponds to a different article, namely:

"Germain A, Nielsen T. Impact of imagery rehearsal treatment on distressing dreams, psychological distress, and sleep parameters in nightmare patients. *Behav Sleep Med*. 2003;1(3):140-54. doi: 10.1207/S15402010BSM0103_2. "

1. Methodology

"... The search will be limited to studies published in English from January 2000 to the present, and electronic databases, including PubMed, PsycINFO, Embase, and the Cochrane Library, .."

For the sake of replicability, the each and every electronic database used should be specified, including the PRISMA flowchart.

"... Eligible studies will ... compare the effectiveness of at least two of the following psychotherapeutic modalities for the treatment of nightmares: cognitive-behavioral therapy (CBT), imagery rehearsal therapy (IRT), and eye movement

desensitization and reprocessing (EMDR). ...”

Why not investigating also lucid dreaming?

“ Outcome measures will include nightmare frequency, distress, or related symptoms (e.g., anxiety, depression), ...”

Do the authors of the manuscript agree that PTSD, one of the most important sources of nightmares, should have also been mentioned here?

Was this systematic review registered in International Prospective Register of Systematic Reviews (PROSPERO), an open access online international register of systematic reviews with health-related outcomes?

1. Results

Figure 1

What is “Records marked as ineligible by human”?

Why there is no forest plot to illustrates 1) effect size estimates and confidence intervals for each study included in the meta-analysis and the 2) pooled estimate across these studies?

It would be useful to have an inverted funnel plot to help visualize publication bias.